

## ‘Tis the season...for our Spring Vegetable Stir-Fry!



Spring has sprung, and the tulips, daffodils, and hyacinths aren't the only plants bursting out from their winter slumber. Tender, crisp, spring vegetables and fresh herbs are at their prime. And when plant foods are this fresh, all you need to do is get out of their way and let them shine. Case in point: Our Spring Vegetable Stir-fried Rice, a light, satisfying dish featuring sweet, nutritious asparagus, sugar snap peas, and carrots. The veggies are steamed quickly, which preserves their texture and flavor (along with their abundant vitamins and minerals). Sweet basil, scallions, and ginger also make an appearance, leading to a real "wow" factor and upping the ante for flavor and beneficial phytonutrients. One warning: This fresh, simple, satisfying dish may encourage spring fever!

### Spring Vegetable Stir-fried Rice

**Yield:** 4 servings

#### **Ingredients:**

3 tablespoons less sodium soy sauce  
1 tablespoon rice vinegar  
1 tablespoon grated fresh ginger  
1 tablespoon extra virgin olive oil  
2 carrots, cut into 1/4-inch pieces  
8 ounces asparagus, sliced on the diagonal into 1/2-inch pieces  
4 ounces sugar snap peas, sliced into thirds on the diagonal  
4 scallions, thinly sliced  
3 cups cooked and cooled brown rice  
12 leaves fresh basil, torn

#### **Instructions**

In a small bowl, stir together the soy sauce, vinegar, and ginger.

In a large skillet, heat the oil over medium-high heat. Add the carrots, asparagus, and snap peas and stir to coat. Add 1/4 cup of water, cover tightly, and steam for about 1 minute, or until crisp-tender. Stir in the scallions, rice, and the soy mixture. Cook, stirring, for about 2 minutes, or until heated through. Stir in the basil and serve.

**Nutritional facts per serving:** 242 calories, 5 g total fat, 0.8 g saturated fat, 7.1 g protein, 43.3 g carbohydrate, 5.1 g dietary fiber, 4.8 g sugar, 0 g added sugar, 0 mg cholesterol, 432 mg sodium